

# 50+ Recreation

## June 2016

Our mission is to enrich the lives of our citizens.

ISSUE 6

[www.ColumbusRecParks.com](http://www.ColumbusRecParks.com)

### The Scioto Mile

#### COLUMBUS' DOWNTOWN DESTINATION

Located in the heart of downtown Columbus, the Scioto Mile is an urban oasis comprised of more than 145 acres of lush parkland. Stretching along the riverfront from the vibrant Arena District to the natural beauty of the Whittier Peninsula, the Scioto Mile reconnects downtown to the Scioto River through an integrated system of parks, boulevards, bikeways and pedestrian paths.

Fostering some of our City's most celebrated features—a stunning 15,000 square-foot interactive fountain, the country's largest free outdoor climbing wall, and the tranquil beauty of the 120-acre Scioto Audubon, a magnet for shore birds and birds of prey—the Scioto Mile has something for everyone.

The summer on the Scioto Mile is in full swing in June. There are plenty of events for the whole family, young and young at heart. Best of all – activities are **FREE!**

<b>FountainSide</b>	Wednesdays -11:30am- 1:30 pm - Activities for kids presented by Sunny 95
<b>Rhythm on the River</b>	Outdoor performances at the Bicentennial Park Performing Arts Pavilion
<b>Movies on the Mile</b>	Films on the big screen at Bicentennial Park Performing Arts Pavilion

Find June's events on page 8. For a complete listing and more information, visit [www.SciotoMile.com](http://www.SciotoMile.com).

### Gram and Gramp Camp

**June 6-10**  
**Monday – Friday**  
**9 am – 4 pm**

#### For you and your Grand!

This is a chance to for grandparents and their grandchildren to fun activities together in an outdoor setting. We have fun with fishing, canoeing, art & crafts, archery, swimming and special programs. *Cost is \$120 resident/\$130 non-resident for one grandparent and grandchild.*

Please call Monique at 645-3106 for a registration form or more information.

#### June 2016

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645-7427

## Dance

### Gillie Dance

**Line Dance** *Beginners* **Tuesdays** *1 pm*  
*Advanced* **Tuesdays** *2 pm*  
*Intermediates* **Fridays** *10:30 am*

**Move & Groove** **Monday** *7:30 pm*

### **Tap Dance:**

*Advanced* **Wednesdays** *10 am*

*Beginning* **Wednesdays** *10:50 am*

**Ballet Class** **Wednesdays** *5 pm*

### **Gillie Wednesday Evening Dance Information**

**6:30 – 9 pm** **Admission: \$5**

Come early for line a line dance session: 6-6:30 pm.

The DJ begins spinning a variety of dance music at

6:30. Refreshments will be served, dancing until 9 pm.

### *Weekly Themes:*

*June 1 Birthdays & Anniversaries*

*June 8 No Dance*

*June 15 Flag Day*

*June 22 Take Me Out to the Ballgame  
(men are free)*

*June 29 Senior Prom*

### Marion Franklin

#### **Line Dance**

*Mondays, Wednesdays and Fridays* *10-11 am*

*Beginners* *Wednesdays* *11:15 am*

*Men's* *Tuesdays and Thursdays* *1 pm*

**Line Dance Workout** **Tuesday and Thursday 10 am**

**Men in Black Rehearsal**

*Tuesdays and Thursdays* *2 pm*

## Golden Hobby Shop

630 S. Third St. in German Village

Columbus, Ohio 43206

Phone 614-645-8329

**Shop Hours of Operation: Tuesday- Saturday**

**10 am – 5 pm**

**Free parking**

Golden Hobby Gift Shop is refreshed, reorganized and ready! Come browse new items for home and garden, big variety of gifts for grandchildren, unique additions from a dozen new talented consignors.

If you're going to the German Village Haus and Garten Tour, stop in to see us – **we'll be open**

**Sunday, June 26.**

## Red Hat Activities

### Dodge

**Roscoe Village**

**Thursday, June 9**

*leave at 8 am*

**Cost: \$22; due at registration**

Be sure and wear your walking shoes! We will be touring Roscoe Village, taking a horse drawn canal boat ride and then eating at Warehouse Steak N Stein. Please be on time as we have scheduled tour times.

### **Milestone 229 Restaurant and Riverfront**

**Thursday, June 23**

*11 am*

**Cost \$5**

Join us at the Milestone 229 for lunch right by the Riverfront! The newly finished Scioto Mile is right outside the restaurant so enjoy this view with a walk after lunch or just enjoy the sights from a good seat.

### **Red Hat Meeting**

**Tuesday, June 28**

*10:30 am*

The meeting will take place at York Steakhouse and starts at 10:30 am followed by lunch.

**Gillie's Fillies** *Mark your Calendars!*

### **The Gillie Fillies Give a Hoot**

**Saturday, June 25**

*Noon*

At the Spaghetti Warehouse 392 W. Broad St.

## Walk with a Doc

Take steps to a healthier you with Walk with a Doc.

Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and all can enjoy coffee, water, a healthy snack and walking incentives at each walk.

*Walks are held inside during bad weather.*



### **2016 Walking Dates 8:30 - 9:30 am**

#### **Indian Mound & Woodward Park**

June 4, 18

July 2, 16

Aug 6, 20

Sept 3, 17

Oct 1, 15

Nov 5

#### **Far East & Dodge**

June 11, 25

July 9, 23

Aug 13, 27

Sept 10, 24

Oct 8, 22

Nov 12

# Trips

## Dodge 645-3176

### Roscoe Village

*Wednesday, June 15* *8:30 am* *Cost \$22*

*\$7 for the canal boat ride; \$8.60 for admission to walk through the living history museums and \$7 for gas since we will be driving out of Franklin County.* Bring additional money for lunch and shopping, which will be on your own at one of the restaurants in Roscoe Village. Try out" the Steak and Stein" pub. You may go at your own pace; there are places to sit down to relax, but also wear comfortable shoes and clothing! We will be taking a journey back in time to the days of general stores and canal boats. Join us for shopping, dining and learning about some Ohio history. We will be leaving Dodge at 8:30 am sharp!

## Gillie 645-3106

### Trip Policy:

Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs. **Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip.**

### Munch & Matinee Series

*Beginning-Tuesday, June 7* *Cost \$5*

*Leave for lunch at 11 am, the movie starts at 2 pm and we will return by 4:30 pm.*

Cost is a one-time payment for the series.

**Register now.**

### Franklin County Office on Aging Senior Day at Huntington Park

*Wednesday, June 8* *11 am* *Cost \$5*

Join us for a special day at the ballpark to cheer on the Columbus Clippers. You will have a chance to visit different senior service vendors, receive a boxed lunch and take in the game. **Register now.**

### Mystery Lunch

*Friday, June 10* *9:30 am* *Cost \$7*

Lunch on your own.

**Register beginning Friday, June 3.**

### Broadway Babies

*Friday, June 17* *4 pm* *Cost \$38*

Travel to Newark with us to see the comedy "A Flea in Your Ear" where craziness erupts when the main character's husband is suspected of cheating and her best friend develops a plan to catch him. Dinner will be on your own.

**Register beginning Friday, June 3.**

### Gillie Graveyard Tours #3

#### Woodland and Dayton National Cemetery

*Wednesday, June 22* *8 am-5 pm* *Cost \$15*

Woodland is endowed permanently as a historic site as a passive cemetery and green area/park open to all who seek serenity, beauty, history, and human heritage. The National Cemetery was established in 1867 as a place to inter veterans who died while under the care of the Central Branch of the Department of Veteran Affairs, a place of honor and reverence to those who served this great nation. Lunch will be on our own at Carillon Brewery Co.

**Registration begins Wednesday, June 8.**

### Pittsburg River Cruise

*Tuesday, June 28* *Leaving: TBA* *Cost: \$148*

Join us for a **sightseeing cruise aboard the Gateway Clipper**. There is no better way to see America's Most Livable City than from the decks of a riverboat. Enjoy the Captain's expert narration on all things Pittsburgh. Lunch will be at the **Grand Concourse Restaurant**, located in what was once the main waiting area for a busy train station. The high vaulted ceilings, original details and huge staircase make for a stunning atmosphere indeed. Plus there will be a visit to IKEA of Pittsburg.

**Check to see if we still have room and register now!**

## Marion Franklin 645-3612

### Military Museum &

#### Bob McDorman Auto Museum

*Friday, June 17* *10 am* *Cost \$20*

Cost includes transportation and admissions. Must register at the front desk.

### Breakfast and Movie

*Tuesday, June 21* *8:30 am* *Cost \$5*

Must register at the front desk.

### Wright Patterson Airforce Base Museum

*Friday, June 24* *9 am* *Cost \$20*

Must register at the front desk.

### Bargain Shopping

*Tuesday, June 29* *9:30 am*

**Cost \$5 (Transportation Only)**

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Must register at the front desk.

**Marion Franklin trips continued on page 4.**

# Trips

## Marion Franklin (continued) 645-3612

### **Cincinnati Reds Baseball Game**

**Wednesday, June 29 8 am Cost \$42**

Cost includes ticket and transportation. For more information, contact Butch Washington. Business Men Special Game: Time 12:35 pm

## Martin Janis 645-5954

### **Lunch & a Movie**

**Thursday, June 2 10 am**

**Cost: \$5 for transport, cost of movie at Stoneridge Cinemas (around \$5), lunch on your own**

It's always a pleasure to enjoy a matinee with friends.

### **Columbus Clippers Vs Indianapolis (Senior Day)**

**Wednesday, June 8 10:45 am**

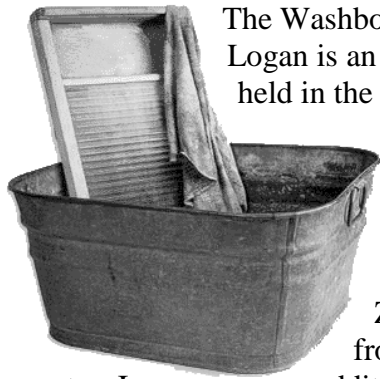
**Cost: \$5 for transport, Reserve senior seating \$5, General admission \$2, lunch on your own**

Let's enjoy a day at the ball park with special guest Jake the diamond dog. Lunch will be provided for fans over 60.

### **Washboard Festival**

**Friday, June 17 11 am**

**Cost: \$10 for transport, Lunch on your own**



The Washboard Music Festival in Logan is an annual extravaganza held in the streets of small town America. You can enjoy the foot-tappin' styles of Dixieland Jazz, Jug Music, Celtic, Blues and Cagun Zydeco played by bands from all around the

country. In addition, you may enjoy great food, browse the streets filled with quality craft vendors and enjoy the many special events. There's also a handmade quilt show, washboard factory tours and street entertainers.

### **London Strawberry Fest**

**Thursday, June 23 11:30 am**

**Cost: \$10 for transport, lunch on your own**

Looking to have a "berry" good time? The London Strawberry Festival has plenty of special activities for all visitors. There are games, rides, contests, and crafts. Or try some strawberry flavored sweets and treats that give this festival its unique twist. Explore all that the London Strawberry Festival has to offer at this yummy celebration.

## Whetstone 645-3217

*Note: Any participant signing up for Whetstone trips must present payment at the time of registration.*

### **ALL ARE WELCOME ON THIS TRIP!**

**Wednesday, June 8 8 am Cost \$10**

In June, we will be heading on the road to New Philadelphia, OH to explore the Schoenbrunn Historical Village.

*Please call Mike with any questions.*

### **ANNUAL COLUMBUS CLIPPERS GAME!**

**Wednesday, June 15 11:15 am Cost \$4**



### **Mike's Taste of Italia**

**Wednesday, June 22**

**10:45 am**

This month's lunch is at Due Amici.

*? - Please call Mike.*

### **Hikes with Mike**

**Wednesday, June 29 9 am**

**\$5.00- Entrance fee for the zoo**

This month, we will be going to the Columbus Zoo to not only hike, but to see all the different animals.

### **Café & Culture**

There are no Cafe & Culture trips in June & July.

*Please call Connie with any questions.*

## **50+ Water Exercise**

Summer is just around the corner! Are you ready? CRPD outside pools are about to open!



### **Dodge and Tuttle open**

Memorial Day weekend, close till June 4th then stay open till August.

**Glenwood, Lincoln, Marion Franklin, Maryland and Windsor open Monday, June 13 for the summer.**

### **Summer Water Aerobics**

**Dodge Monday and Wednesday**

**Marion Franklin Tuesday and Thursday**

All the fun begins at 10 am.

## **Bed Bugs**

Just the words make some of us itch and squirm. For a number of years, Central Ohio has been under attack from these tiny beasts. No home is safe from infestation. Treatment is expensive, and preparing your home FOR treatment is a LOT of work. And, let's just put it out there – no public agencies have funding for bed bug treatment or to assist with the preparations for bed bug treatment. So, it is important for all of us to “know the enemy” and to know how to protect our homes from infestation.

### **The Enemy:**

- Bed bugs are insects. They do not have wings. They feed on blood, both human and animal. They are reddish-brown, their eggs are white, and fecal “dots” are black. They crawl very fast, and can hide in the tiniest of spaces. They are not known to carry disease, but bites may become infected.
- Bed bugs are primarily carried into homes on clothing, shoes, bags, used furniture, or luggage. Pretty much anything you can carry into your home that has a hiding place can harbor bed bugs. They can even hide in the edges of picture frames.
- Bed bugs exist all around us. They can be found in apartments, homes, shops, offices, schools, theaters, hospitals, long-term care facilities, dormitories and hotels.

### **Bed Bug Prevention Tips:**

- If you see evidence of bed bugs in a public place, tell the management and LEAVE!
- When you get home, put everything you were wearing in the washer immediately and wash in HOT water, or dry clean. Then put the items in the dryer for 30 minutes on HIGH heat.
- If you buy anything “used” (especially clothing, furniture, and luggage) inspect it VERY CAREFULLY.
- Used clothing and smaller purchases should be sealed in a plastic bag and placed in your trunk. Washable items should go straight into the wash after close inspection.
- NEVER bring furniture into your home that you pick up off of the street.
- If you travel do not put your luggage on the floor or bed. Stow it in the bathtub or up on a luggage rack. Inspect it when you leave.
- Inspect the bed and other furnishings in hotel rooms. Lift the edge of the mattress and look in between it and the box springs.
- If you find bed bugs in your home or apartment, YOU CANNOT IGNORE THE PROBLEM! They do not just go away. The infestation will get worse and potentially spread to the homes of neighbors, family and friends.
- There are steps you can take to minimize the infestation and to prevent carrying the bed bugs to other locations.
- Over the counter inspect sprays and bombs do not kill bed bugs and may disperse them further through the home.
- Extermination should be done by a licensed pest management professional.

These are the basics. For more information, go to the website of the Central Ohio Bed Bug Task Force, <http://centralohiobedbugs.org/>. The site has a wealth of information including specific instructions to assist tenants and landlords, and step by step instructions on what you need to do if you find bed bugs in your home.

**Senior Council Meeting**

**Tuesday, June 12 1 pm**

**Walk with the Doc**

**Saturdays, June 11 & 25 8:30 am**

**Free Fresh Produce**

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month- June 2 & 16**

Arrive early to sign up and receive a number! Produce will begin at **3-6 pm** or until the produce runs out bring your own boxes, bags, and carts to carry it home.

**“Your Life, Your Legacy” presented by Sunset Cemetery**

**Tuesday, June 14 Noon – 1 pm**

Have you ever planned the funeral of a loved one? If so, you can understand the added stress to your bereavement. Come to this no obligation presentation to get a better understanding of decisions that must be made at the time of need, the different options offered by **Sunset Cemetery**, and the advantages to pre-planning, such as learning about funeral costs, and how to freeze that cost for the future. Come to this free seminar. Lunch will be provided. **Please show your interest by registering at the front desk by June 6.**

**\*Sunset Cemetery will be providing food after the show if you wish to stay.\***

**\*Important Announcement\* Upcoming events During Red, White, and Boom the CRC will be fundraising this year by charging for parking at Dodge.**

**Dodge Chorus**

**Tuesdays 1 pm**

Would you like to sing? Do you enjoy performing at events? Join Dodge's Chorus as we are always looking for new members.

**Bingo Thursdays 11-11:55 am**

**Tai Chi with Michael**

**Mondays 3-4:30 pm**



Stay after chair volleyball and relax those muscles! A great way to build strength, flexibility, balance and helps relieve stress. Simple, low-impact fitness.

**Classes**

**Wii Bowling Mondays 9-11 am**

**Painting Acrylics Mondays & Wednesdays 9-11 am**

**Watercolors Tuesdays 9-11 am**

**Crochet Wednesdays 1-3 pm**

**Quilting Tuesdays 9 am**

**Walking Group Daily 8-9 am**

**Shuffleboard Thursdays 10:15–10:55 am**

**Coloring Club Thursdays 1:30-2:30 pm**

**Weight Loss Group Wednesdays 3 pm**

**Chair Volleyball Mondays & Thursdays 1-3 pm**

**Dodge Handymen and Woodshop Mondays 1 pm**

**50+ Sewing Tuesdays 1:30-4:30 pm**

**50+ Alterations Thursdays 1-4 pm**

**Conversational Spanish Classes**

**Beginning Tuesdays 11 am-Noon**

**Advanced Tuesdays Noon-1 pm**

**Join the Dodge Service Circle**

**Wednesdays 9 am-1 pm**

We break for lunch in the canteen around 11:30. If you have any sewing experience or none at all, we can use your help in making ditty-bags for walkers and wheelchairs for local senior establishments and the Veteran's Hospital.

**\*Volunteer Opportunities**

\*Are you interested in volunteering at Dodge? We are always looking for volunteers to help out with Special events, especially with set up, serving food, or clean up. Do you have a special talent or skill that you would like to share or teach a class? Would you like to perform at a Special event? Please Sign up at the front Desk or contact **Holly at HMWetmore@columbus.gov**

**50+ Gardening club**

\*Do you have a green thumb? Do you love Gardening? We are interested in bringing our gardening Club back for the summer. If you would like to be in our 50+ Garden club at Dodge, and help with the community garden Please Contact Michael Dominguez

**MMDominguez@columbus.gov**

Gillie will be **CLOSED** Monday, May 30.  
There will be **NO CLASSES** the week of  
**June 6-10.**

### **Congratulations to Dorothea Koch**

who received the **2015 Catherine Gillie Spirit Award** at LifeCare Alliance's Volunteer Recognition Dinner in April. Dorothea has been a volunteer for LifeCare Alliance at the Gillie Wellness Center for more than 10 years!

### **New LifeCare Alliance nurse at Gillie**

We would like to welcome **Peggy Parisot** who is the new nurse at the Gillie Wellness Center on Mondays and Tuesdays between 8:30 and 4:30 pm. Stop in and make an appointment or call (614) 540-9997. You may also reach Peggy at LifeCare Alliance at (614) 437-2811.

### **BINGO**

**Mondays, June 13 & 27 1 pm**

### **OSU Extension Service with Lisa Gibson**

**Friday, June 3 9:30 am**

### **Veteran's Group**

**Friday, June 3 ★Special Time- 11am★ Cost \$8**  
⊕Special trip to Motts Military Museum, lunch will be on our own at a tasty restaurant.

### **Eat Better, Feel Better**

**Tuesday, June 14 11 am**

Registered Dietitian Leonor Button from LifeCare Alliance presents: *Be Water Wise (Hydration, electrolytes, minerals, types of "waters" etc.)*

### **Alzheimer's Association**

**Tuesday, June 14**

**~Support Group 12:30 pm** Everyone is invited.

**~Private Consultations 1:30-4 pm**

For yourself or a caregiver; by appointment (457-6003).

### **Senior Recreation Council Meeting**

**Wednesday, June 15 1 pm**

### **History Roundtable**

**Wednesday, June 15 1 pm**

**Topic-** *"Forage in Ohio"; the foods of our ancestors.*

### **Columbus Speech & Hearing**

**Thursday, June 16 10 am -3:30 pm**

To schedule an appointment, call 261-5452.

### **Sock Hop Lunch**

**Tuesday, June 14 11:30 am**

Join us for fun at your local soda shop **the Gillie Café**. We'll be serving hamburgers, fries, milkshakes and sundaes just to name a few tasty items. DJ Steve Parker will be there to spin the Rock n Roll hits and at noon, the Sock Hop dance floor will open up for your enjoyment, followed by Line Dancing at 1 pm with Lynne and David. **No tickets necessary, regular canteen prices will apply to lunch items.**

### **Val's Summer Jewelry Class**

**Learn how to make Leather Wrap Bracelets**

**June 20 & 27 and July 11, 18 & 25 5-9 pm**

Check showcase at front desk for examples. Register at the front desk. Cost determined by # of people registered.

### **SHOES 4 DIABETICS -Therapeutic Shoe Clinic**

**Tuesday, June 21 11 am**

If you are eligible or interested in ordering therapeutic shoes please **register at the front desk**. **You must bring your insurance and doctor information to the clinic on June 21.**

### **Gillie's 15<sup>th</sup> Anniversary Party**

**Thursday, June 23 12:30 pm**

**Come and join the members and staff (including past staff members) as we celebrate 15 years of recreation here Gillie. We will enjoy entertainment by our performing groups, special classes and enjoy on display, items from all of our Art and Craft classes.**

### **June is National Safety Month**

Think about the ways you can reduce the risk of injuries to yourself and others. 1 in 3 older adults falls each year leading to injury and hospitalization. Some of the things you can do to reduce the risk of falling include: Removing objects from the floor that you can trip on, using proper lighting to see hidden objects and obstacles. Doctors recommended walkers and canes to help with stability and balance and to talk with them about any concerns about medications making you lightheaded, dizzy or affecting your balance.

**For more information contact the Lifecare Alliance clinic at Gillie Senior center, (614) 540-9997. Check online at [healthfinder.gov](http://healthfinder.gov).**

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm; Sat.: 9 am-6 pm

8140 Sancus Blvd., 43081

645-5330

**Pickle Ball**    *Mondays*    *10 am-Noon and*

*Wednesdays*    *1-3 pm*

*Fridays*    *8:30-10 am*

*\$5 for 2 months play*

**Monday**

Zumba Fit Fuzion    8:30-9:30am    \$28

Lunch Indoor Cycling    1-1:45pm    \$10

Tae Kwon Do Beginners    7-7:30pm    \$35

**Tuesday**

Aiki Ju Jitsu    6:30-8:30pm    \$35

**Wednesday**

Lunch Indoor Cycling    1-1:45pm    \$10

Yoga    6:30-7:30pm    \$30

**Thursday**

Zumba Fit Fuzion    9:30-10:30am    \$28

Fundamentals of Watercolor    6-8pm    \$50

**Friday**

Pottery / Ceramics    Noon-2pm    \$35

Lunch Indoor Cycling    1-1:45pm    \$10

8:30-9:30am    \$24

**Check with center or website for complete listing of classes.**

## The Scioto Mile

### FRIDAY JUNE 3

#### **Rhythm on the River Presents Arnett Howard Band At 7:30 P.M.**

Arnett Howard Band will have the whole family moving and grooving with their peppy blend of creole, cajun, zydeco and reggae music. Their musical concoction of Motown roots and Memphis-meets-New-Orleans rhythm and blues has drawn diverse audiences to more than five thousand concerts throughout the world since the band's formation in 1985.

#### **Movies on the Mile Presents Inside Out at Dusk**

Inspired by the daughter of writer and director Phil Docter who created the story as he noticed changes in her personality and emotions as she grew older, Disney's Inside Out tells the story of a young girl uprooted from her Midwest life and moved to San Francisco. Along the way her emotions – Joy, Fear, Anger, Disgust and Sadness – conflict on how best to navigate a new city, house, and school. After premiering at the 68th Cannes Film Festival in May, *critics* praised the film which later was recognized with an Academy Award for Best Animated Feature.

### FRIDAY JUNE 17

#### **Rhythm on the River Presents The Navigators At 7:30 P.M.**

They don't play often, but when they do it's for a cause. Since their formation in 2003, The Navigators have benefited many local charities through their performances. The 13-piece Columbus-based band is comprised of current and former executives, a tax attorney and an optometrist. Having played with groups from Jefferson Airplane to Jimmy Buffet, band members have a wide array of experience as professional musicians and they sure can rock!

### FRIDAY JUNE 24

#### **Rhythm on the River Presents Larry Sparks & The Lonesome Ramblers | Planet Riders At 7:30 P.M.**

After more than fifty years in the spotlight, **Larry Sparks** remains an absolute original. Beginning his career in the 1960s as a guitarist with the Stanley Brothers, Larry Sparks eventually went on to form his own band, The Lonesome Ramblers. Creating a musical style that is uniquely his, Sparks' addition of guitar to the traditional triad of mandolin, banjo and fiddle puts the "blues" in bluegrass. More than fifty years and fifty albums later, Larry Sparks is one of the most widely-known and respected touring musicians in bluegrass and gospel music today.

**About Planet Riders** | Walking the line between progressive and traditional, the **Planet Riders** offer a diverse musical experience with their range of tight vocal harmonies and complex instrumental arrangements. The twin flatpicking guitar parts intertwined with fierce fiddling make for explosive acoustic music. The group's song catalog includes arrangements from the traditional American songbook, as well as original material.



***The center will be closed:***

*Monday May 30 in observance of Memorial Day*

*Tuesday May 31-June 3 for cleaning.*

***Summer Registration begins:*** *June 6-10*

***Summer Session begins:*** *June 13*

**Marion Franklin Dining Center**

***Lunch: Tuesday-Thursday 11 am-1 pm***

*LifeCare Alliance...Nourishing the Human Spirit*

**June is Men's Health Awareness Month**

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

**Nutrition Education Series**

***Tuesdays, June 14, 21, & 28 11:15 am-Noon***

***Men Only***

We will offer a three part **Nutrition Education Series** designed for men. Details regarding class topics will be posted in June. This program is offered to us through OSU Extension and is free to attend. Light snacks will be provided. Come to 1 or all...did we mention it's **FREE!!!**

***Men Only Workout Demo***

***Friday, June 24 8:30-9:30 am***

Learn the proper technique and exercises to help maintain a healthy body. Please register at the front desk if you plan to attend. Workout attire is required.

**Wellness Visit**

***Deadline: June 30***

***Men Only:*** Complete a wellness visit at our in-house Wellness Center with Nurse Barbara and receive a 50% discounted ticket (\$7.50) to the Columbus Clippers game on Wed., July 20. Price includes transportation, box lunch and reserved seating. After confirmation with Nurse Barbara, ticket will be offered. Call 645-7173 *Voicemail: 437-2927* to schedule for an appointment.

**Classic 8 Ball Tournament**

***Wednesday, June 15 3 pm Entry Fee \$1***

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Hot dogs and punch included in entry fee. Must register at the front desk.

**Tai Chi**

*Advanced Classes Monday/Wednesday 11 am-Noon*

*Beginners' Class Wednesdays 12:30 pm*

***Certified Instructor Darryl Green***, who is the *Grand Master of Children of the Sun and A.S.P. Martial Arts Academy*. For more information, contact Darryl @ 614-625-8677 or greendarryl61@gmail.com.

**Gram and Gramp Camp at Indian Village**

***June 6-10***

This year's theme is "Our Rich Ohio Heritage." Our multigenerational outdoor experience will take a close look at local Ohio history and discover more about its importance in our lives! For more information, contact Scott Sheets at 614.645.3612.

**BINGO** *Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 1-3 pm*

**Pokeno** *Every Wednesday 1-3 pm*

**Afternoon Workout** *4-5pm*

**Pickleball: Two Inside Courts**

***Every Tues./Thurs. Noon-2 pm***

***Mon/Wed/Fri 9-10 am***

**Needlework Social Club**

***Every Mon/Thurs 1-4 pm***

**Nurse Barbara Parker**, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.

**June is National Safety Month**

***Prescription painkiller Abuse***

Overdoses are a growing problem in the U.S. especially among woman. 18 women die every day from a prescription painkiller overdose.

***Transportation Safety***

Avoid doing other activities while driving like texting, eating and talking on the phone. One in five crashes that injure someone involves distracted driving.

***Slips, Trips and Falls***

One in three older adults falls each year.

**Arthritis Foundation Exercise Program**

***Every Tuesday & Thursday 10 am***

**Free Hearing Services**

Call Rachel at 261-5452 for more information or to schedule an appointment.

**Martin Janis will be closed Monday, May 30 in observance of Memorial Day.**



**The Creative Arts Program** would like to thank all of the tireless people who participated in making this year's Creative Arts event a huge success! We would like to particularly thank our presenting sponsor, **Humana**, and our event sponsors, **Allen Insurance**, **Medical Mutual**, and **Health Markets** for their contributions. Thanks also to Sherri Love and Vicki Hatfield for designing the beautiful event mural (and to all of the painters who helped make it happen).

**Congratulations** go out to all of the Martin Janis artists and craftspeople who were winners in the creative arts competition. Pattie Hilles would like to extend a particular "pat on the back" to all of her stained glass students who entered and were winners in their respective categories.



### **Coffee Club**

**Wednesdays 9 am**

Come join the engaging conversation.  
New friends always welcome!

### **"Breakfast for Lunch"**

**Wednesday, June 1 11:30 am**

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You'll really enjoy their homemade breakfast quiche!

### **Martin Janis Senior Council**

**Wednesday, June 15 10 am**

Everyone is welcome.

**We serve lunch every day, Monday- Friday from 11:30 am – 12:30 pm!**

### **Visit our Classes!**

Next time you're in the building, stop downstairs and visit our classes in the basement! Stained glass, fine arts, lapidary and woodshop would love to have you drop in and view their work!

**Ohio State Fair reminder:** Remember, there will be no classes during The Ohio State Fair. If you're interested in being a volunteer please see Doreen or Michael. This year, The Ohio State Fair begins on July 27! We particularly need volunteers to help out in our kitchen. Call 614-645-5954 for additional information.



### **Gregg's Health Corner:**

#### **White and Red Blood Cells-What's their purpose?**

White blood cells, produced inside your bone marrow, are very important to your overall health yet account for only 1 percent of blood volume. While working as your immunity cells they flow through your body to battle viruses, bacteria, and other foreign invaders that threaten your health. If your white blood cell count suddenly elevates you have distress or infection somewhere in your body. Red blood cells are, with the help of hemoglobin, a transportation system used to carry oxygen and carbon dioxide to and from the tissues.

### **Save the Date!**

**Wednesday, July 27**

The Ohio State Fair begins! We will have daily entertainment, both inside and outside on our patio; good food, demonstrations, and items created by our wonderful craft vendors. Our Model Railroad, Lapidary and Stained Glass classrooms will all be open, and the lapidary, stained glass and woodshop will have items for sale on the main floor and downstairs! Stop in for air-conditioned comfort and funcream for all of our June and July birthdays. Sponsored by Medical Mutual.

*\*Participants must present payment upon registration for all activities with fees.\**



**Canasta**

***Mondays 1:30-3:30 pm; Free; Community Room***

**Bid Euchre (6, 7 or 8 handed can be played)**

Everyone is welcome!

***Tuesdays; Noon-3 pm; Free; Community Room***

**Progressive Bridge**

***Thursdays; Noon-3 pm; Free; Community Room***

Don't know how to play Bridge? Don't feel intimidated. Come to the Progressive Bridge Workshop every 3<sup>rd</sup> Thursday of the month.

***This month's workshop is Thursday, June 16;***

***11 am-Noon; regular play begins after workshop.***

**Progressive Regular Euchre: \$2 per person**

***Thursdays & Fridays; Noon-3 pm; Dance Room***

(Have fun and win grocery prizes!)

**Captain's Table**

***Mondays 11:30 am-1 pm \$5***



Come join us on Mondays for the best lunch deal around. The warmer months are upon us so it's time to alternate between a potato and salad bar. Bring your appetite and \$5 and we'll see you every Monday.

***Contact the center with any questions.***

**Open Pickle Ball \$20 for a one year pass**

***Mondays: 11 am-1 pm Beginner-Intermediate***  
***1:30-3:30 pm Advanced***

***Tuesdays: 11 am-1 pm (at Como Park)***  
***Beginner-Intermediate***

***Fridays: 11 am-1 pm Beginner-Intermediate***  
***1:30-3:30 pm Advanced***

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

**International Folk Dancing**

***Mondays 7-8:45 pm Free***

***NOTE- June 6-August 22 this class will be held outside in the Park of Roses and will only meet on the 1<sup>st</sup> & 3<sup>rd</sup> Mondays of the month.***

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."



***Contact the center with any questions.***

**Whetstone 50+ Writers: Memory to Memoirs**

This group meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. ***Contact the center with questions about meeting times.***

**Monthly Friday Potlucks**

***Friday, June 17 Noon***

Potlucks are on the 3<sup>rd</sup> Friday of every month. The senior council provides a meat dish.

***No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.***

***Please call the center in advance for your reservation, so we know how much food to prepare.***

**Classes**

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

***Full Body Conditioning with Char***

Wednesdays & Fridays 9:15-10:15am/ \$60 for 3 days a week; \$50 for 2 days; choose 1 day for \$30

***Wii Bowling*** Tuesdays 10am-Noon/ Free

(Contact Mike for your time to bowl.)

***The Body Shop Workout*** Tues./Thurs. 3:45, 4:45 & 5:45 pm/ \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

***Poetry & Prose*** Thursdays 1-3pm/ Free

***Woodcarving*** Meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6 pm/ Free/ Bring your own supplies.

***Wood Chippers*** Wednesdays 9 am-Noon/ Free/ Bring your own supplies

***Open Walking- Gym*** M, T, Th, & F 8-9:15am/Free  
***Fearless Falling (Adult Safety Skills)*** Fridays 10:30-11:30am/ \$30

***Chair Yoga*** Wednesdays 11:15-11:45am/ \$25

***Gentle Yoga*** Wednesdays 10-11am or 7:15-8:15pm/\$40 each

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at [www.columbusrecparks.com](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

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**Summer Class Registration  
June 6-10**

**Summer Classes begin  
June 13**

**Gram & Gramp Camp**

**June 6-10**

**For you and your Grand!**  
See page 1 for more information.



**All centers will be closed  
Monday, May 30 in observance  
of Memorial Day.**

*Check with your center for other closings.*